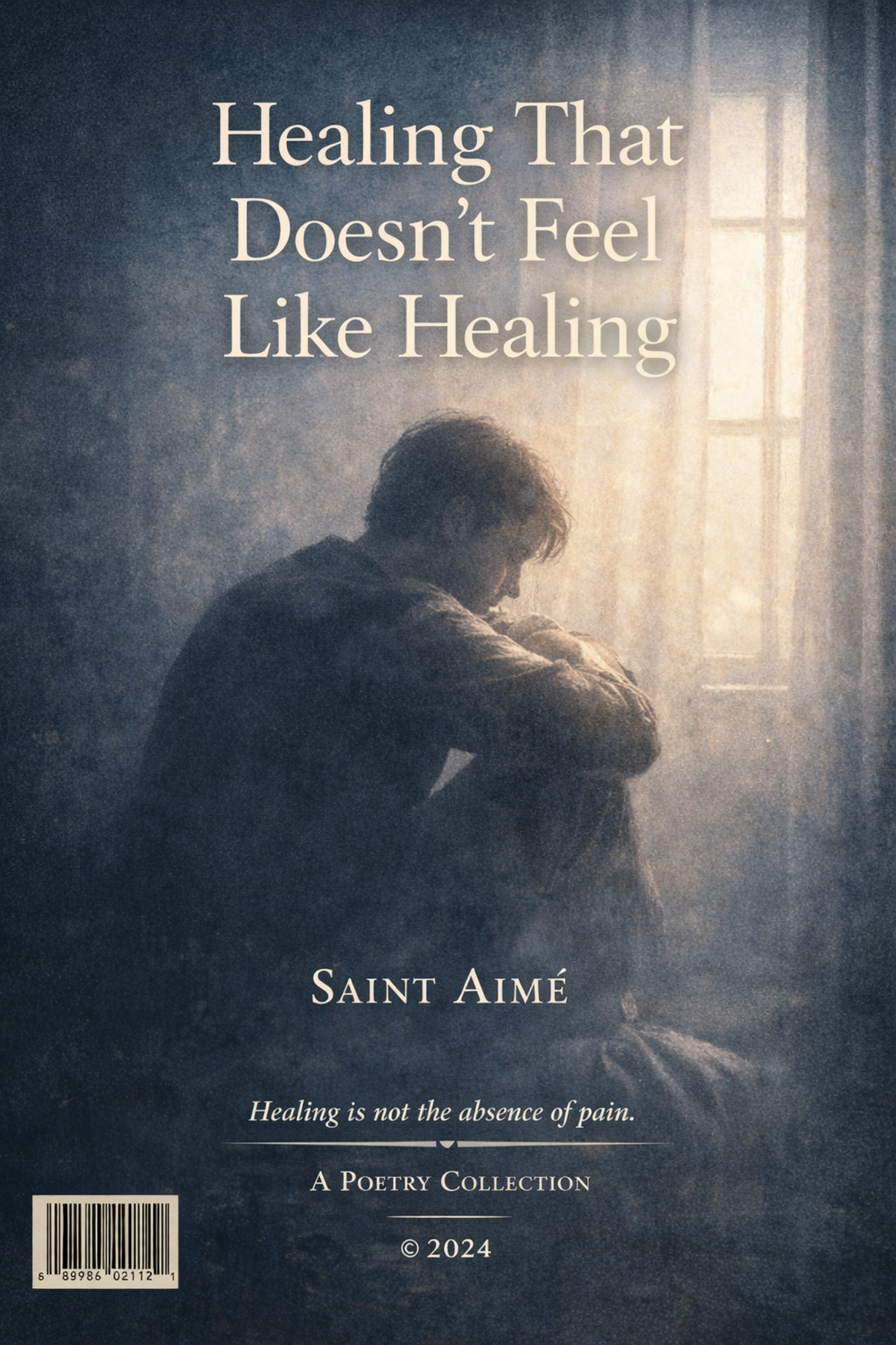
Healing That Doesn't Feel Like Healing



Saint Aimé

Healing is not the absence of pain.

A Poetry Collection

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They promised healing would feel like relief,
like waking up without weight,
but no one warned me
it would feel like reopening wounds
just to clean them properly
.
Some days I am better,
and some days I am only pretending to be.
I function, I smile, I move forward,
yet certain memories still pull me backward.

Healing is not a straight line, never mind.
It is learning how to live in struggles
with scars that still ache in cold weather.
But even when it hurts,
I remind myself—
pain while healing is not failure,
it is proof that something broken
is still trying to mend.